



# THE SOUL OF YOGA IMMERSIONS

BY JENNIFER LENDERS, YOGA THERAPIST

*When you do things from your soul, you feel a river moving in you, a joy. Rumi*

# 2024 YOGA IMMERSION DATES

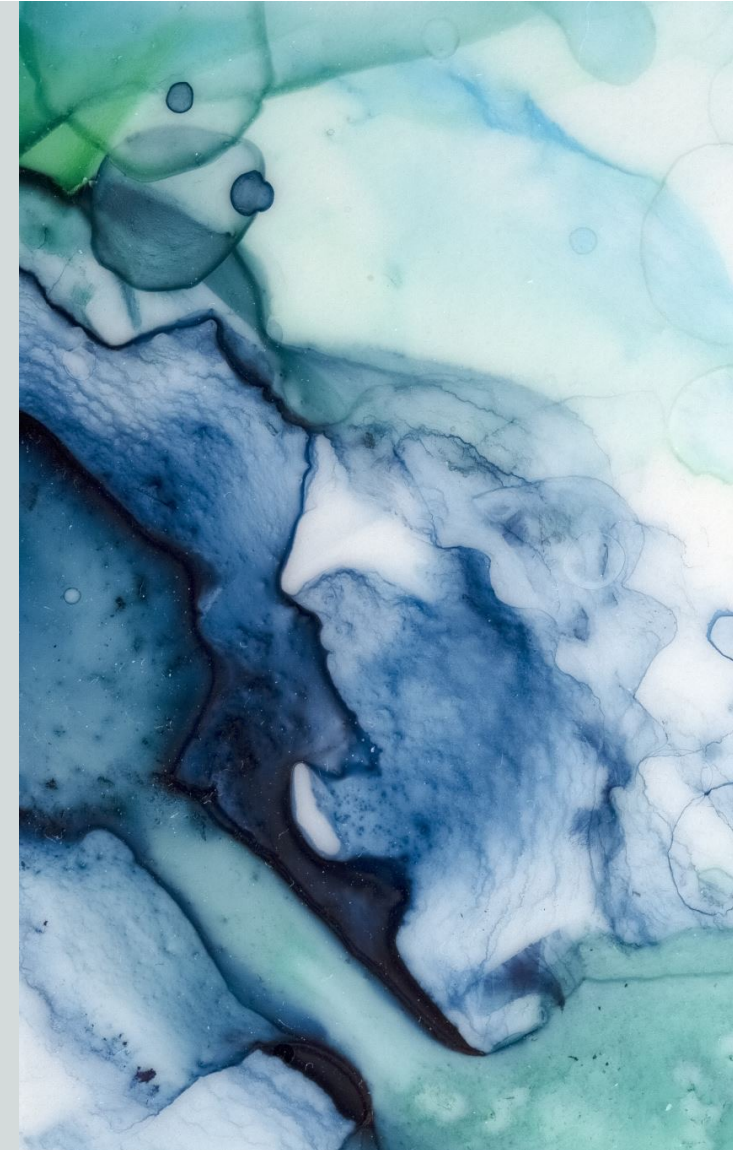
- *Jan 14<sup>th</sup> 1:00-4:00pm*
  - Inner Support and Outer Mobility: The Musculo-Skeletal System, Breathing the Bones and Finding Strength in Uncertain Times
  - Location: Amma Center of Michigan, 4201 Ann-Arbor Saline Rd, Ann Arbor
- *Feb 11<sup>th</sup> 1:00-4:00pm.*
  - Embodiment and Nervous System Regulation: Build Stress Resilience and Joy by Honoring the Truth of your Body's Experience
- *Mar 17<sup>th</sup> 1:00-4:00pm.*
  - The Body, Mind, and Spirit of Back/Posture Care: The Spine and Personal Health and Well-being
- *April 26-28<sup>th</sup>*
  - Weekend Yoga/Meditation Retreat for Interfaith Center for Spiritual Growth
  - Location: Triple Crane Monastery, Chelsea, MI
- *May 12<sup>th</sup> 1:00-4:00pm*
  - The Body, Mind, and Spirit of Healthy Aging: Everyday Balancing of Effort and Ease





# THE SOUL OF YOGA IMMERSIONS

- *Experiential Anatomy*
- *Somatic Pre-Asana Movements*
- *Asana as Archetype*
- *Breath as Life: Prana and Consciousness*
- *Inward Bound: Withdrawal from the Senses, Concentration & Meditation*
- *Mantra and Affirmations*
- *The 8 Limbs for Transformational Healing*



*Your task is not to seek for love, but merely to seek and to find all the barriers inside that you have built against it. Rumi*

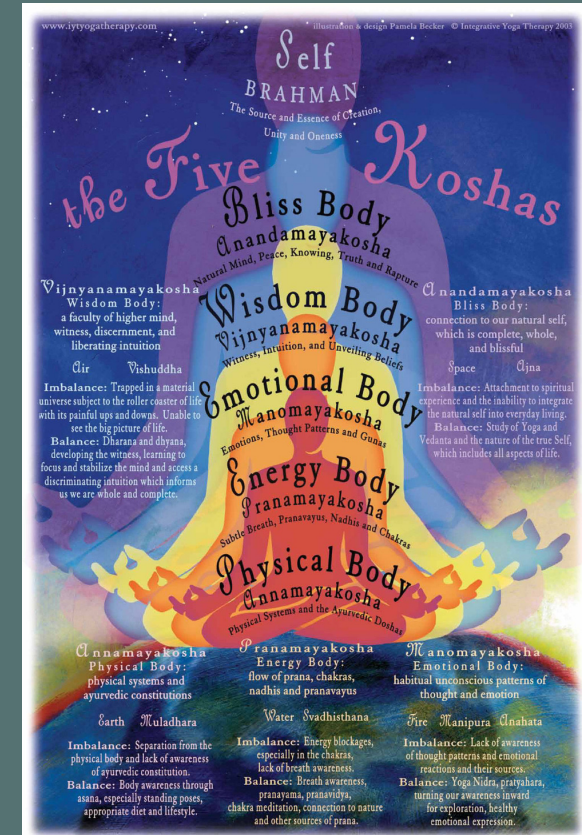
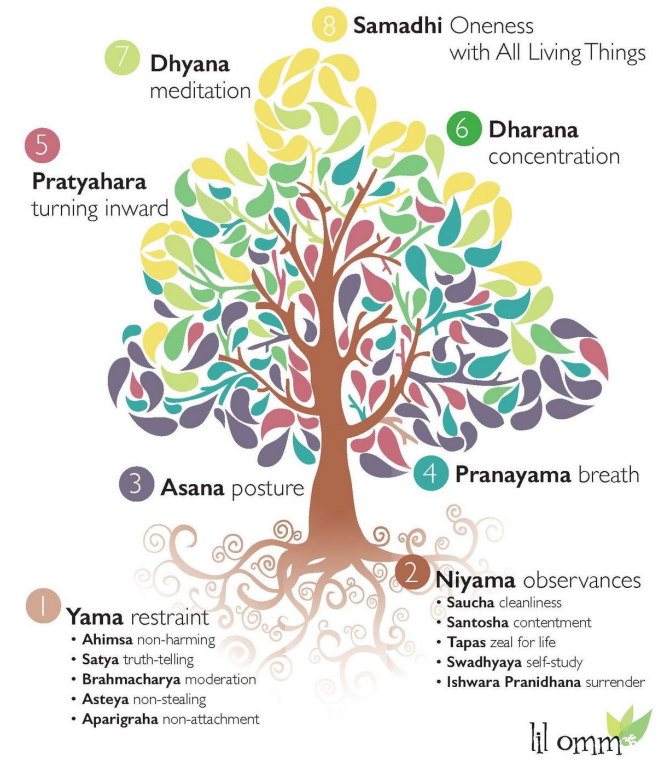
# WHO SHOULD ATTEND?

THESE IMMERSIONS HOLD THE INTENTION TO PROVIDE COMPASSIONATE COMMUNITY, SPACE AND TIME FOR YOGA PRACTITIONERS WHO WOULD LIKE TO LEARN, SUPPORT OTHERS AND SHARE ABOUT THE TOOLS OF YOGA FOR TRANSFORMATIONAL HEALING AND WELLNESS.

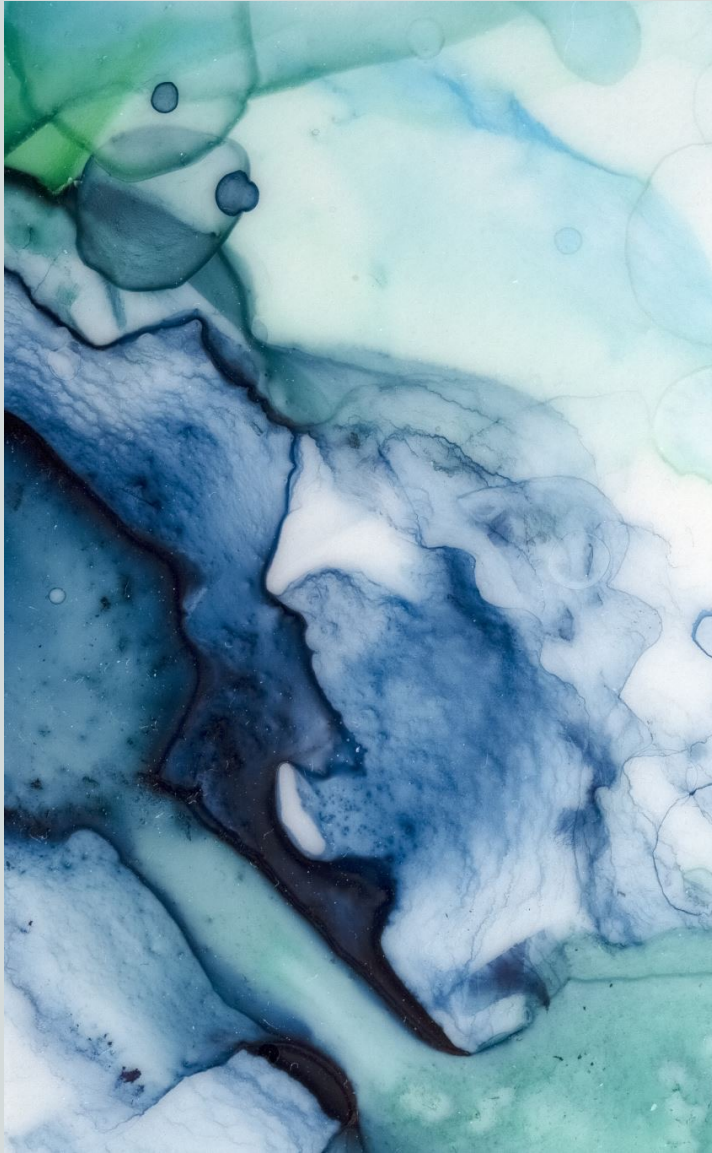
IMMERSIONS ARE FOR ANYONE WHO HAS PRACTICED YOGA FOR AT LEAST SEVERAL YEARS OR MORE AND IS INTERESTED IN OPTIMAL WELLNESS AND PERSONAL GROWTH THROUGH SELF-STUDY. YOU MAY FIND A SPIRITUAL AND/OR SCIENTIFIC PERSPECTIVE HERE. EMBRACE WHAT RESONATES FOR YOU!! THE SOUL OF YOGA IS TO FIND THE PATHWAYS BACK TO YOUR OWN SPIRIT LIGHT, AND ONLY YOU CAN FIND THE WAYS. DEPENDING ON THOSE IN ATTENDANCE, PRACTICE AND TOPICS WILL MOVE FROM INTERMEDIATE TO ADVANCED PRACTICES TO BRING BODY, MIND, AND SPIRIT TO UNION OR BALANCE.

PLEASE CONTACT JENNIFER FOR MORE DETAILS ON THE LEVEL OF PRACTICE.

# The Eight-Limbs of Yoga



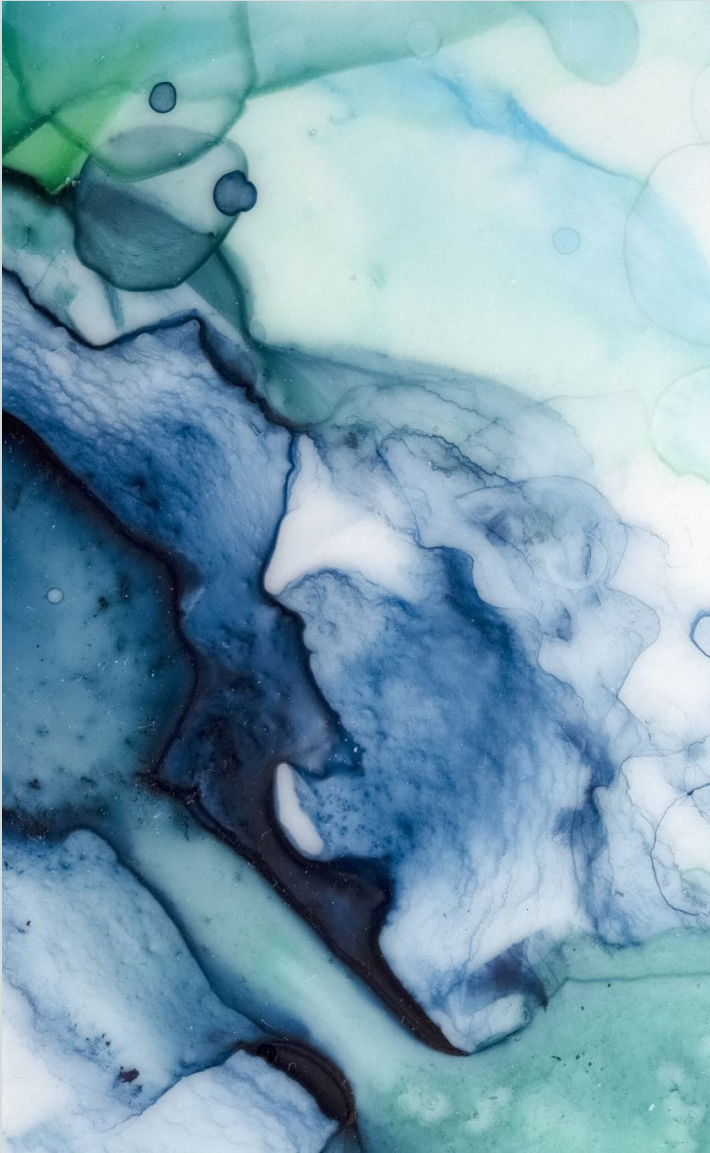




## EXAMPLE OF IMMERSION FORMAT

- *1:00-4:00pm Experiential Anatomy, Pre-Asana Somatics, and Asana Practice Class: Mat-based class may include movement on the floor supine or prone or seated, standing, or restorative postures with supportive bolsters.*
- *Break for Sharing and/or Journal Writing*
- *Asana Breakdown and Questions on Cues, Activations, and Elemental Anatomy*
- *Break and/Sharing or Journal Writing*
- *Experiential Subtle Body Practices: Breathing, Mudra and Mantra Practices*
- *Recap in Circle With Group Discussion on the Mystery and Science of the Subtle Body Anatomy (Chakras, Prana Vayus, Energetic Pathways and Koshas)*

*I have been a seeker, and still am. But I have stopped asking the books and stars.  
I started listening to the teaching of my soul. Rumi*



# REGISTRATION AND ENERGY EXCHANGE

- *Register* for your first immersion by completing the form located at <https://softstoneyogatherapy.com/classes%2C-payment-%26-forms> before attending. Only needs to be completed one time.
  - Email the completed form to [Jennifer@softstoneyogatherapy.com](mailto:Jennifer@softstoneyogatherapy.com) (no need to complete if you've done this for me in the past.)
- *Payments* Please consider \$25-\$50 sliding scale donations for each monthly immersion you attend.
  - No one is turned away for lack of funds. If you'd like to do a work exchange offering that works too! Let's discuss.
  - All funds are appreciated and help to support the ongoing offering of these programs and rental of the location space.
  - **Donations** can made on the website link above- scroll down for the donate button for paypal, or venmo @Jennifer\_Lenders or mailed check to 10448 Homestead Ln., Plymouth, 48170.



# JENNIFER'S BIO

*Yoga Therapist C-IAYT, E-RYT500, YACEP*

*Softstone Yoga Studies Yoga Alliance RYS 200*

*Jennifer began her journey into body awareness first as a personal trainer but took a definitive turn when she discovered the deep connection and profound embodiment of yoga. She has been teaching and practicing for over 18 years.*

*With a deep devotion for all the layers of yoga beyond the physical, she completed her 800-hour program with Joseph Le Page and other yoga masters in the Kripalu School of Integrative Yoga Therapy. Her continuing study of yoga includes Ayurvedic Yoga with Dr. Vasant Lad, and the integration of Qi Gong as taught by Brenda Lyons.*

*She has worked almost 6 years at Michigan Heart and Vascular Institute as a yoga therapist in cardiac rehab, Mercy Elite Sports Performance as well as wellness programs for nurse practitioners and resident doctors at St. Mary Mercy Hospital. Jennifer also enjoys teaching a gentle, somatic, flowing yoga class at Schoolcraft College and other zoom classes. This past year she established a 200-hour Yoga Alliance approved registered yoga school called Softstone Yoga Studies and has 5 graduates of her program.*

*With advanced training in Ayurvedic yoga, Jennifer teaches with an infusion of language and practices that guide towards a natural balance found through the 5 element qualities. Most importantly, she has a daily personal asana and meditation practice and has applied these threads of life wisdom for transformational personal growth for herself as well as for others.*

*“Yoga for me is profound loving attentiveness to this precious life. I experienced a moment of awakening in a yoga class 18 years ago that brought me back into my body- a space I had not occupied since a traumatic experience at age 13, and perhaps much earlier, that caused my younger self to retreat into the ethers for safety. In the yoga class I was guided to press into my big toe in parsvottanasana, I still remember the moment, felt as if I was suddenly in my life again. I was no longer nonexistent or invisible. Coming back to conscious presence in the body began years of discovering the divine right to wholeness in not just the body and mind, but the right to know myself as spirit that yoga promises. Many wonderful Masters of Yoga have graced my path, and I have absorbed their wisdom into my own daily practice. Although I am open to finding the teacher or lineage that serves the absolute expansion of the heart that I've experienced, currently I am guided by what brings me to tears, both in joy and grief, brings me to awe and wonder about the mystery of nature and life, and deepens my connection to the loving divine Mother, that is now holding the grace both in and beyond my practice.*







## WHAT TO BRING

- *Yoga mat*
- *Water bottle*
- *Blanket or other covering for savasana*
- *Folded blanket for restorative yoga*
- *Yoga blocks are provided*
- *Yoga straps are provided*
- *Journal and writing materials*
  - *Yoga bolster*

